

SHOPPING LIST

THIS MONTH'S KIT BAG MUST-HAVES...

Adidas London 2012 Apparel

As the Official Sportswear Partner for the London 2012 Olympic and Paralympic Games adidas has unveiled the latest off-field range of apparel for the Games. The London 2012 product range takes its inspiration from elements of the London 2012 brand identity, incorporating the iconic bright colours and pattern. This stylish off-field apparel will be seen on Britain's top athletes from September – including Christine Ohuruogu, Sir Chris Hoy, Victoria Pendleton and Phillips Idowu. The complete range of apparel incorporates ClimaCool™ technology which actively conducts heat and sweat away from the body keeping even the hardest working athletes cool. Prices vary across the range from £20 (T-shirt) to £48 (hoodie, pictured). Available from sports shops.



Polar RS300X

This good-looking, simple-to-use training computer can be compatible with Polar's S1 foot pod and GPS sensor, so you can get data on your heart rate, plus speed and distance. This information is key to help you ensure you're training at the intensity you need to improve and also that you're allowing your body enough recovery time. The RS300X also displays how many calories you've burned, tracks your latest 16 training sessions and your last 16 weeks of training. You can then transfer your training data to polarpersonaltrainer.com with the optional Polar FlowLink. RRP £112. See www.polarelectro.co.uk for stockists.



The Body Stick

The Stick is a fantastic self-massage tool which gets rid of knots, increases blood flow, relaxes and increases flexibility to hamstrings, quads and back. Just pick it up by the handles and start rolling. With the 24 inch 'Body Stick' model you can get to just about every part of your bit of your bod. Quickly reduces muscle soreness and discomfort and helps speed up recovery time after a hard session. RRP £39.99 from www.the-stick.co.uk



Shotz Energy Bar

A delicious nutritional energy bar with complex carbohydrates, protein and whole grain. Runners are hungry people. Training and racing not only places huge demands on the body, but they sap the body's fuel. Getting something to replace those energy stores, or to fuel the body for the next session, is no easy matter, especially when some energy bars are no more than glorified cereal bars. With whole grains, protein and fibre, the all-natural Shotz Energy Bar gives you sustained energy to keep pace with the body's fuel needs. Whether you are out for a long run or just in need of an afternoon 'pick-me-up', the moist, chewy, great-tasting Shotz Energy will do the job. RRP £1.45 from running shops.



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Newton Gravity

Designed for the biomechanically efficient runner, the Gravity lightweight performance trainer offers a fast, flexible ride with incredible energy return and shock absorption. It features Newton's Action/Reaction Technology in the forefoot and an advanced rearfoot design aimed at maximising forward propulsion and optimal running form. Independent studies prove this technology, in conjunction with the 'land-lever-lift' running technique, provides less stress on a runner's joints, muscles and tendons. With improved durability in the heel, a new high-rebound midsole material and improved upperfit, this shoe will keep you running faster and further with less injury and quicker recovery. RRP £130 from running shops.



Clif Bars

To perform your best, you need great-tasting, convenient nutrition. All 13 Clif Bar flavors are made with 70 percent organic ingredients. This mix of carbohydrates, protein, and fibre make Clif bars a moderate glycemic index food. You'll benefit from a steady increase in blood sugar levels, followed by a gradual decline (in other words, sustained energy). Eat a Clif Bar one or two hours before a workout or race and get the energy boost you need, without the crash that follows a sugar high. In addition, the 4-to-1 ratio of carbohydrates to protein makes it the perfect post-workout recovery snack. Priced at around £1.50 from running and outdoors stores.



Thoosa City Vest

This is one of the best selling lines from women's running wear brand, Thoosa. They specialise in stylish, flattering gear and the City Running Vest is certainly no exception. It has a drawstring band, which sits at hip level – pull it in for a ruched look or leave it loose and flowing. The neck and arm holes are nice wide and the breathable fabric helps keep you cool and comfy. RRP £25 from www.thoosa.com and some running shops.



For Goodness shakes

Created by athletes for athletes, For Goodness Shakes! provides the right 3:1 ratio of carbohydrate to protein - including all nine essential amino acids - for fast recovery after sport. It re-energises, hydrates, feeds and rebuilds fast - helping muscles to recover, repair and grow stronger. Fast recovery helps to reduce post-exercise soreness. Drink a bottle for every hour's worth of training within 20 minutes of finishing sport. A recent clinical trial has proven that athletes who used For Goodness Shakes! after training recovered faster and were able to do 40% more at their next session than those athletes who used water or isotonic sports drinks. RRP from £1.28 from supermarkets and some running shops.

